Military OneSource

- Access to confidential resource and referral support for service members and their families with the goal of improving the quality of their lives and the effectiveness of the military community

General Eligibility

- Active, Guard, and Reserve service members
- Immediate family members

Private & Confidential

Privacy Protected

- Personal information is not:
  - Provided to the military or chain of command
  - Shared with family or friends
  - Released to other agencies

Duty to Warn

- Family maltreatment (spouse, children, elder abuse)
- Harm to self or others
- Illegal activity

Range of Support

Preparing the Homefront

Remember everyone who is impacted and identify potential needs and resources

- Spouse
- Children
- Extended family
- Friends
- Significant others

Service Members

Topics

- Preparing yourself financially and legally
- Equipping yourself physically
- Taking care of your property and pets
- Ensuring your family is covered

Resources

- *The Service Members' Civil Relief Act (SCRA)* (Article)
- *Chill Drills* (Playaway)
- *Sleep in Combat Operations* (Pocket Kit)
- *Double Duty* & *Over There* (CDs)
- *Getting Your Vehicle Ready for Storage* (Article)
- *Preparing a Family Care Plan* (Article)

Spouses & Significant Others

Topics

- Preparing yourself emotionally
- Ensuring your home and life are ready
- Getting your family unit equipped

Resources

- *These Boots* (CD)
- *Preparing for Deployment: The Home Side* (Article)
- *Managing the Emotional Cycle of Deployment When Your Spouse is Deployed* (Article)

Children

Topics

- Preparing your children
- Interacting and connecting with your children
- Entertaining and educating your children
- Reviewing child care options

Resources

- *Sesame Street: Talk, Listen and Connect* (DVD)
- *Choosing a Caregiver for Your Child While You're Deployed* (Article)
- Sittercity ®

Teens

Topics

- Preparing your teens
- Interacting and connecting with your teens
- Entertaining and educating your teens

Resources

- *Teenagers and Deployment* (Article)
- *Helping Your Military Teenager Manage Stress* (Article)
- Tutor.com™
- iCanAchieve Weight Management Program

Extended Family and Friends

Topics

- Educating yourself
- Connecting yourself
- Caring for dependents

Resources

- *Resources for Parents of Service Members* (Article)
- *When You're the Designated Family Caregiver for a Deployed Service Member* (Article)

Finances

Topics

- Establishing a budget
- Managing your credit
- Making investment decisions

Resources

- Financial counseling
- Financial calculators
- *Taking Charge of your Money* (CD)
- *Personal Budget Management* (Booklet)
- *Avoiding Payday Loans* (Article)

Counseling Options

Face-to-Face Counseling	Telephone Consultations	Online Consultations
Face-to-face sessions with a local professional counselor	Telephone consultations with a professional counselor, expands capabilities	Online consultations with a professional counselor, held in a secure chat environment

Short-term, solution-focused counseling referrals for

- readjusting to home and life after deployment or mobilization
- stress management
- marital and couples counseling
- counseling for parent-child (or guardian-child) issues
- grief counseling
- divorce or struggling relationships
- coping with job or career stress

Healthy Habits Coaching

Improve Your Health-FOR LIFE!

iCanChange

A personalized, flexible, and supportive approach to help you reach your weight and health goals

iCanThrive

A step-by-step program to teach you how to: fuel your body with healthy foods, begin a program of enjoyable physical movement, and relax

iCanRelax

A personalized, flexible, and supportive program to help you become aware of stress and how it affects you

iCanAchieve

A program targeted for teens that offers phone and online coaching for setting and achieving healthy goals

Online Library Resources

Audio books, e-books, exam prep, resume builder and more

MORNINGSTAR

eBooks on EBSCOhost

Health Library
Evidence-Based Information

SITION YOURSELF ACHIEVE MORE

Audiobooks on EBSCOhost

GALE Kids InfoBits

DoD MWR LIBRARIES
Linking Ideas, People & Communities

Safari Books Online

GALE Academic OneFile

TumbleReadables
Your Online Read-Along Collection

Teacher Reference Center

GALE Gale Virtual Reference Library

Click here for TumbleBooks™

HERITAGE QUEST

GALE Military & Intelligence Collection

Career & Education

Topics

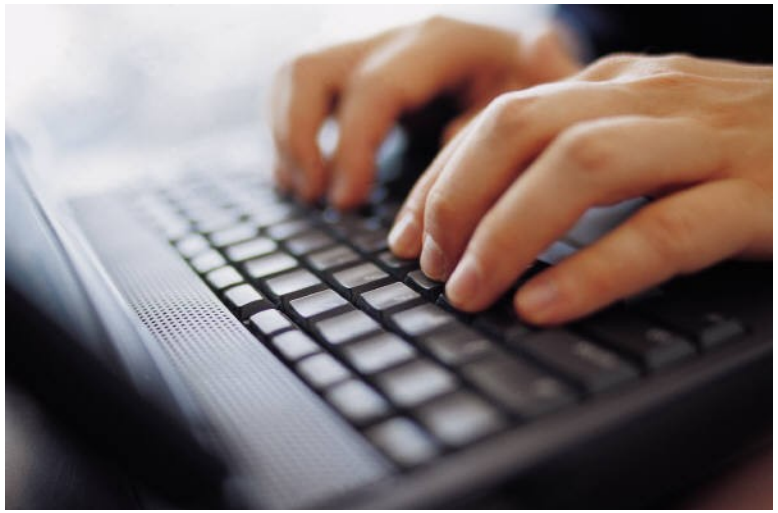
- Entering the workforce
- Returning to school
- Managing work-life balance

Resources

- Web links to job searches
- *The Work Book* (Booklet)
- *Learning Never Stops* (Booklet)
- Applying to college toolkit
- Specialty consultations: Spouse employment, Education

Online Community

- Newsletters
- Discussion Boards
- Webinars
- Moderated Chats
- Podcasts
- Facebook
- Twitter



YMCA Services

Eligibility

- Families of Deployed Guard/Reserve (Title 10 Only)
- Deployed at least 6 months
  - Memberships renewed in 6 month increments
  - Up to 18 months as long as usage requirements met

Respite child care

- Up to 16 hours per month, per child
  - Age 12 and under
  - Age limits and availabil participating YMCA's

Links

- www.MiliatryOnesource.com
- www.ASYMCA.org

Access

Toll-Free telephone
1-800-342-9647

www.MilitaryOneSource.com

E-mail your questions to a consultant

Interaction with trained outreach professionals

You should expect:

- 24/7/365 worldwide access
- Master's-level consultants to answer your questions
- Objective, experienced, caring people
- Up-to-date and useful information
- No cost
- A commitment to quality

Questions

www.MilitaryOneSource.com 1-800-342-9647